

## CLAIMS

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In a circular barbell plate has a central portion and a peripheral portion having an outer edge, a single aperture formed in the central portion, and at least one aperture formed in the peripheral portion, the improvement comprising:

a tapered portion running between the central and peripheral portions, said tapered portion tapering inwardly towards the peripheral portion so that the peripheral portion has a substantially lesser thickness than the central portion; and

A raised rim running around the outer edge of said peripheral portion.

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The device of claim 1 wherein there are a plurality of round apertures formed in said peripheral portion.

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The device of claim 1 wherein said barbell is covered with a rubberized coating.

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The device of claim 1 wherein there are a plurality of elongated apertures formed in said peripheral portion.

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A method for forming a barbell plate from a circular plate member comprising the steps of:

Forming a round aperture in the central portion of said plate member;

Forming at least one aperture in the peripheral portion of said plate member, said peripheral portion having an outer edge; and

forming a tapered portion of said plate member between the central and peripheral portions thereof, said plate member being tapered inwardly towards the peripheral plate member portion, whereby said plate member is substantially thinner at the peripheral portion than the central portion thereof; and

Forming a raised rim running around the outer edge of the peripheral portion of the plate.

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The method of claim 5 wherein the aperture formed is elongated.

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The method of claim 5 and additionally including the step of placing a rubberized coating on the surfaces of the plate.